

<p><b>County Executive</b> Ann Edwards</p> <p><b>Deputy County Executive</b> Bruce Wagstaff Social Services</p>	 <p><b>County of Sacramento</b></p>	<p><b>Department of Health Services</b> Chevon Kothari, Director</p> <p><b>Divisions</b> Behavioral Health Services Primary Health Public Health Departmental Administration</p>
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## SUMMARY ISOLATION ORDER

### Updated – January 5, 2022

California is in a State of Emergency because of the 2019 Novel Coronavirus (COVID-19) pandemic. The spread of {COVID-19} is a substantial danger to the health of the public within the County of Sacramento. COVID-19 can easily spread between people who are in close contact with one another. A growing body of evidence suggests that fully vaccinated people are less likely to become infected and potentially less likely to transmit SARS-CoV-2 to others. How long vaccine protection lasts and how much vaccines protect against emerging SARS-CoV-2 variants are still under investigation. Until more is known and vaccination coverage increases, both unvaccinated and vaccinated individuals should remain vigilant in reducing their risk for COVID-19 exposure and infection. Some people are more vulnerable to serious illness, including pneumonia, organ failure, or death, due to their age, physical state, and/or health status.

In order to help slow the spread of COVID-19, protect vulnerable individuals, and prevent the healthcare system in Sacramento County from being overwhelmed, it is necessary for the County of Sacramento Health Officer (“Health Officer”) to require the **self-isolation** of persons diagnosed with or likely to have COVID-19.

**UNDER THE AUTHORITY OF THE CALIFORNIA HEALTH AND SAFETY CODE SECTIONS 101040, 101085, 120175, 120215, 120220, AND 120225, THE HEALTH OFFICER ORDERS:**

**All individuals who have been diagnosed with or who are likely to have COVID-19 must isolate themselves. These persons are required to follow all instructions in this Order and the Public Health guidance documents referenced in this Order.**

**This does not apply to critical infrastructure workers, including health care workers and first responders, who should follow guidelines specific to that sector.**

**This Order is in effect until rescinded in writing by the Health Officer.**

**ISOLATION REQUIREMENTS: For Individuals Diagnosed With Or Are Likely To Have COVID-19**

**All individuals who have been diagnosed with or are likely to have COVID-19 must immediately take the following actions:**

- a. Isolate themselves in their home or another residence until: (a) **at least 5 days** since symptoms first appeared, AND (b), **isolation can end after day 5 if symptoms are not present or are resolving**, AND (c) a diagnostic specimen\* collected on day 5 or later tests negative. Until this time, they may not leave their place of isolation or enter any other public or private place, except to receive necessary medical care. If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10. If fever is present, isolation should be continued until fever resolves. If symptoms, other than fever, are not resolving continue to isolate until symptoms are resolving or until after day 10.
- b. Carefully review and closely follow all requirements listed in the [Home Isolation Instructions for People with COVID-19](#).
- c. Notify all of their close contacts, as defined below, that they need to (a) quarantine for a full 5 days from the last day of contact with them if they are unvaccinated or vaccinated and booster eligible, (b) test on day 5 and quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative, (c) if unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10, (d) strictly adhere to all recommended [non-pharmaceutical interventions](#) (e.g., wearing a well fitted mask around other for a total of 10 days at all times, maintaining a distance of least 6 feet from others, avoiding crowds).
  - a. If testing positive, follow isolation recommendations above or if symptoms develop, test and stay home.
  - b. Persons who are exposed to someone with COVID-19 and are boosted OR are vaccinated, but not yet booster eligible: (a) test on day 5, (b) wear a well-fitting mask around other for 10 days, especially in indoor settings, (c) if testing positive, follow isolation recommendations above, (d) if symptoms develop, test and stay home.

An exposure in the community setting is defined as an individual who has had [close contact](#) (<6 feet for  $\geq 15$  minutes over a 24-hour period) to:

- a. A person with COVID-19 who has symptoms (in the period from 2 days before symptom onset until they meet criteria for discontinuing home isolation); can be laboratory confirmed or have compatible symptoms) **OR**
- b. A person who has tested positive for COVID-19 (laboratory confirmed) but has not had any symptoms (in the last 2 days before the date of specimen collection until they meet the criteria for discontinuing home isolation).

**Note:** This is irrespective of whether the person with COVID-19 or the contact was wearing a cloth face covering or whether the contact was wearing respiratory personal protection equipment (PPE).

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Persons who share a residence (house, apartment, condo, or other living space) with someone who has been diagnosed with COVID-19 are at increased risk of becoming infected due to ongoing exposure associated with residing together. They should attempt to minimize contact with the COVID-19 infected person within the home, if feasible, and they must quarantine at home. They may end quarantine after Day 10 if a diagnostic specimen is collected on or after Day 5 since their first exposure and tests negative using a PCR test.

Refer patients to the [Home Quarantine Instructions for Close Contacts to COVID-19](#), which describes steps that household contacts, intimate partners, caregivers, and other close contacts must take to prevent spread of COVID-19. Close contacts have been exposed to COVID-19 and, if infected, can easily spread COVID-19 to others, even if they have mild or no symptoms.

**Self-isolation is immediately required if a person meets one or more of the following factors:**

- A positive lab test for COVID-19, **OR**
- Signs and symptoms that are consistent with COVID-19 within 14 days of being in close contact with a person who had or was believed to have had COVID-19, **OR**
- A physician has informed the individual that they are likely to have COVID-19.

These persons are required to self-isolate because a person infected with or likely to have COVID-19 can easily spread the virus to others. Isolation separates these ill individuals from others to prevent the spread of COVID-19.

**Individuals must isolate themselves in a residence and follow all directions in this Order until they are no longer at risk for spreading COVID-19 based upon the following criteria:**

For all individuals, regardless of vaccination status, previous infection or lack of symptoms, isolate for:

- At least 5 days AND**
- Symptoms are not present or are resolving AND**
- A diagnostic specimen collected on day 5 or later tests negative.

The Health Officer may take additional action(s), which may include civil detention or requiring one to stay at a health facility or other location, to protect the public's health if an individual who is subject to this Order violates or fails to comply with this Order. Violation of

#### **Division of Public Health**

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this Order is also a misdemeanor punishable by imprisonment, fine or both. (Health and Safety Code §120295)